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BOOST METABOLISM FOR WOMEN AFTER 40s

BOOST METABOLISM



HEALTHY FOOD

LIFESTYLE

HEALTHY LIFE

for women after 40s

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Metabolism is a process where our body turns the food and fluid we consume into energy. Our metabolic rate affects how quickly we burn calories, which impacts both how quickly you lose weight and how easy you gain weight. Once we become 40, our metabolism turns to slow down. As estrogen levels fall, insulin levels rise, and thyroid levels fall as a result. The following are seven suggestions for increasing metabolism especially women as we approach 40.

1. Eat a lot of fruits and vegetables

We may consume large amounts of veggies since they are often low in calories yet being nutrient-dense. These are rich in nutrients and high in fiber, which fills us up.

2. Consume more protein

20 to 30 grammes of protein should be consumed at each meal, and preferably, a high-protein snack should be consumed had as well. This aids in preventing the breakdown of lean muscle protein, which increases fat percentage, lowers the percentage of lean muscle, and slows metabolism.

3. Include foods that balance hormones in your diet

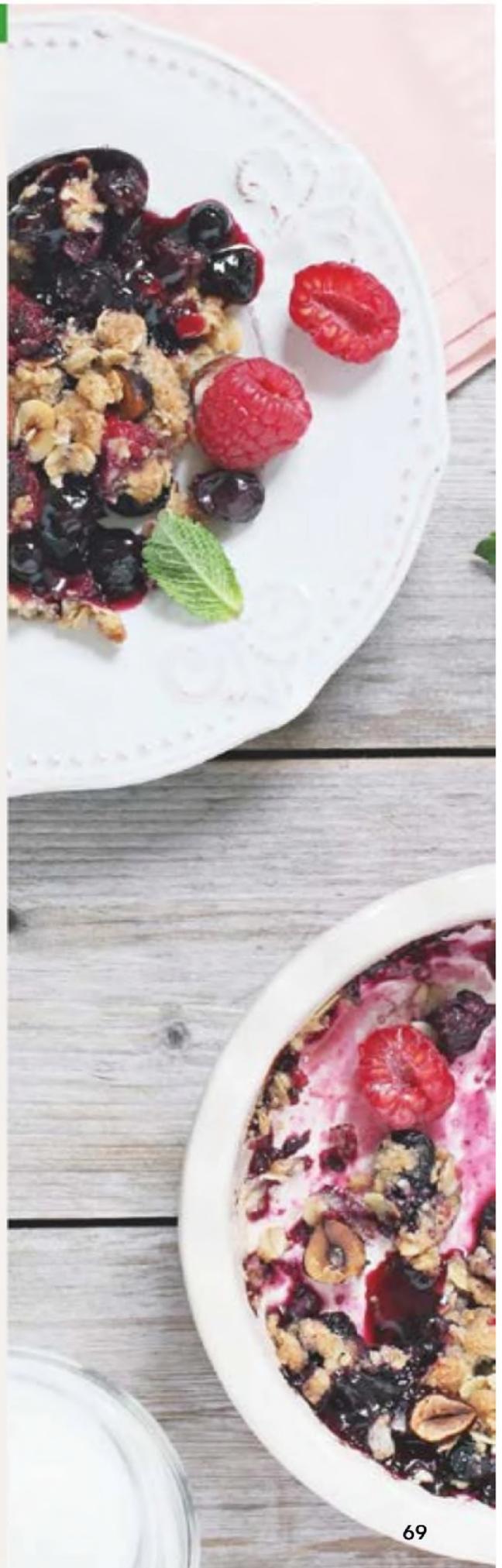
Observing our nutrition can assist with the hormonal shifts. Consuming foods high in phytoestrogen, such as flax seed and sesame seeds, can help counteract this hormonal alteration.

4. Exercise

Keep moving, even if it is only taking a stroll after dinner to help with digestion, to maintain an increased metabolism after the age of 40. As we age, we lose muscle mass, which slows down our metabolism, making exercise even more essential. Try incorporating a total body strength training into your weekly regimen one to two days a week.

5. Keeping hydrated

Water is incredibly energizing. It traverses our body and assists in body detoxification. In particular, drinking hot water with lemon is incredibly healthy for the body.



6. Alleviate pressure

As women become older and have more obligations, many women feel stress more frequently, which can boost hormones like cortisol, which make our bodies store fat rather than burn it. In addition, as suggested by Erin Palinski-Wade, a nutrition and diabetes expert, it has been shown that consuming meals high in vitamin C and omega-3 fatty acids lowers the level of stress hormones in the body.

7. Sleep well at night

Difficulty that women in their 40s commonly face is the struggle to get enough sleep. It might be a symptom of menopause. Sadly, this can result in weight gain. Less than seven hours of regular sleep causes metabolic changes that can make weight loss much more difficult. A greater desire to eat, especially those high in fat and sugar, is brought on by a rise in the appetite hormones ghrelin and a decrease in leptin (which regulates hunger cues). As insulin resistance rises, the body may begin to retain fat.

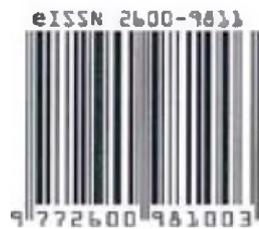
The bottom line in the secret to increasing metabolism beyond 40 is to make gradual, subtle but ultimately very beneficial modifications to our diet and way of life. If you continue to discover that losing weight and increasing metabolism after 40 is a difficult and nearly impossible task, try the aforesaid tips and see if it helps..

References

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