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# **Do You Know How To Boost Your Metabolic Rate?**

Nowadays, the problem of weight loss is one of the most urgent problems for every woman of the globe. Most of us already know that the secret of wasting extra kilos lies in the work of our metabolism. The most effective way to boost your metabolic rate is rational nutrition, rich in vitamins. Let us speak of the natural vitamin storages you can use while fighting extra kilos. Of course, these storages are fruits and vegetables.

Fruits and vegetables are extremely rich in antioxidants (vitamin A and C). It is widely known that fruits and vegetables are also very useful for improving your heart health. It means that you have to eat about a kilo of fruits and vegetables every single day. If you do not like eating fruits and vegetables separately, do make salads. It is great if you use honey seasoning for your fruit salad, because it is also contains many elements needed for a good metabolism and the proper work of all systems of your body. Fruits and vegetables recommended for you daily ration are two 2 and 2 potatoes, 1 orange and 1 banana, an apple, about 100 grams of strawberries, 2 satsumas. It will not do you any harm if you add some other fruit to this ration, let it be tomatoes or potherbs.

Fruits and vegetables contain mostly of water, for example, banana contains 90 % of water. Other fruits and veggies like tomatoes, strawberries, cucumbers, and watermelons are also made of water. As you know, water-containing products are very useful for the freshness of your skin, making it soft and clean. Moreover, one of the main rules of the healthy metabolism says that to speed up your metabolic rate and to make all systems of organism work you have to drink from 2 to 3 liters of water a day. Fruits and vegetables containing much water are also necessary for you to feel energetic and cheerful all day long. If you have a high blood pressure, eating fruits is also a great way out while vitamins they contain help to reduce it.

Taking into consideration the fact that most fruits are sweet and tasty, they are natural mood boosters. Eating fruits several times a day will make you not only energetic, but also a happy person. Make it a rule to drink a glass of juice in the morning before you leave; it contains all necessary elements that are able to make your organism work in the beginning of the day. However, carrot juice is rich in vitamin A, which can be digested only mixed with oil. Add one or two drops of olive oil to you carrot juice and your organism will get all possible microelements containing in the carrot juice.

As you can see, fruits and vegetables are irreplaceable not only for your metabolism, but for all systems of your body.

If you know how to [speed up metabolism](#), this can assist you in getting rid of extra weight issues. But don't hurry up - first read about how to [speed up metabolism](#) and how exactly the [speed up metabolism](#) technique works.

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