

Published based on [Increase Your Metabolism And Lose Weight!](#)

Increase Your Metabolism And Lose Weight!

Obviously, each of us has friends who can eat anything they want from sweets to chips and coke and they have no problems with their figure. When you ask them what the secret of such a perfect thinness is, they answer that they have a good metabolism. You may ask yourself, why you don't have the same good metabolism, why you have to quit eating at all to lose at least a kilo, whereas your friend is crunching a piece of toast covered with a thick layer of peanut butter. Sitting nearby you swallow an imaginary piece of toast carding your slow metabolism.

How does your metabolism work? There is a space within each cell of your body. This space is filled with a substance capable of burning calories you consume with every food intake. Metabolism can be divided into several types. One of them is a resting metabolism. A number of calories burnt during the day by your organism at rest. Revving up your resting metabolic rate is one of the secrets that can help you to lose weight and look better. The following 5 tips will give the idea on how to get thinner:

1. Eat less but more often. It makes your cells burn more calories and do this faster. Your appetite may grow, but that's OK, as you eat less your metabolism works faster and that's why you need to eat more often.
2. Eat food rich in proteins. This way you will multiply your resting metabolic rate up to several times. Proteins are built up by amino acids. It is much more difficult for organism to burn amino acids, which is why the process requires much energy and you body loses more calories. Moreover, proteins help to normalize insulin secretion in blood. The secretion of insulin is a very important factor influencing your resting metabolic rate.
3. Eat spicy food. Some people are deeply convinced that spicy meals can help you to boost your metabolic rate. For example, try hot pepper. It increases heart function and consequently your metabolism becomes 50 percent faster after you eat peppers. It is working faster more than 3 hours after food intake. One more effect of hot peppers is that they significantly reduce appetite and you feel full up about 2 hours after a meal.
4. Do not go on a diet. When you are on diet, you feel hungry most of the time. It forces your organism to slow down your metabolic rate, because your brain accepts a signal from your stomach and do its best to preserve as much energy and calories as possible. As you understand, it runs counter to your original aim.
5. Finally, take in vitamins. Normal metabolism cannot do without nutrients, needed for normal functioning of your body.

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

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