

# Healthy weight loss by boosting metabolism -- not reducing calories!!!

## News

Boosting Metabolism is the way to lose weight–Not reducing Calories!! Metabolism is simply the amount of Energy, or Calories, your body needs to sustain itself. And the higher your metabolism is, the less likely you are to have excess body fat. In fact, increasing your body's metabolism is one very effective way to lose weight. – Boosting metabolism with proper nutrition and exercise

- I. Eat more Protein (needs more energy to digest) & Fibers–like vegetables and fruits (fibers uses more energy but not metabolized) –but it help eliminate the body waste products–using more energy to digest and metabolize for help the body to lose weight
- II. Exercise - especially muscle tone exercise – uses more energy to build muscle tone (help the body to lose weight -- by using more energy)
- III. Modify lifestyle–help the body lose weight (Calories)
- IV. Treat any endocrine / metabolic disorder ( check with your physician)

Volume 3 Issue 3 - 2015

**Mohamed M Hassan**

Hassan Chiropractic & Natural healing, USA

**Correspondence:** Mohamed M Hassan, President at Hassan Chiropractic & Natural healing, USA,  
Email dr.mmhassan@yahoo.com

**Received:** October 15, 2015 | **Published:** October 26, 2015

(Note: Weight loss (is equal to)=losing more Calories)

## Acknowledgements

None.

## Conflict of interest

The author declares no conflict of interest.