



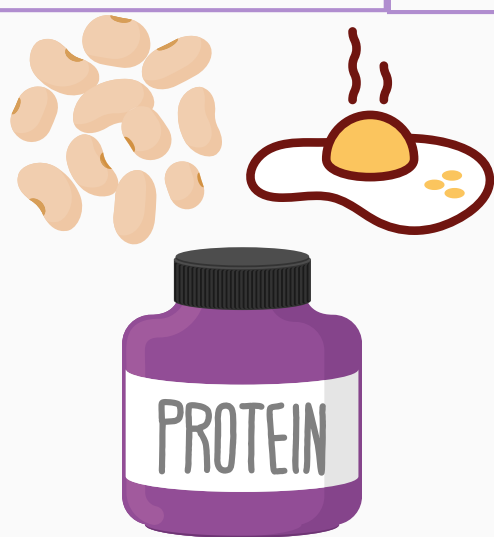
# 7 "Healthy" Habits That May Be wrecking your metabolism

for more on metabolism check out Bodhi Nutrition's **Restore Your Metabolism Mini Guide**

## Eating too little



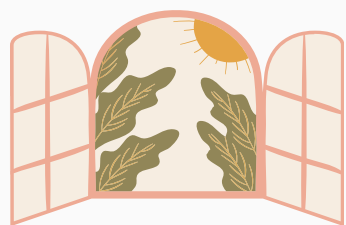
If your metabolism is a fire then food is the wood. In order to keep the fire burning it needs good quality logs, often. If you've been eating in a calorie deficit for a long time you may need to increase your calories to fuel your metabolism.



## Skimping on Protein

Muscle is the powerhouse to metabolism, and protein builds muscle. Everytime you eat ask yourself where is my protein? Is there a generous serving?

1 egg = 6g - 9g of protein. Most people need between 15g - 30g protein/meal and another 8-20g at a snack



## Waking up at the crack of dawn to exercise

If you're skipping sleep for exercise you could be doing more harm than good. Sleep is crucial for proper hormonal balance and waking up to workout may lead to prolonged elevation in stress hormones. Not good for metabolism.

If morning is your only time to exercise then work on an earlier bedtime.

## Eating low-fat

Fat improves satiety which means we feel fuller faster and longer.

Fats are essential for proper hormone balance, which greatly impacts body composition. Certain fats help to reduce inflammation in the body.

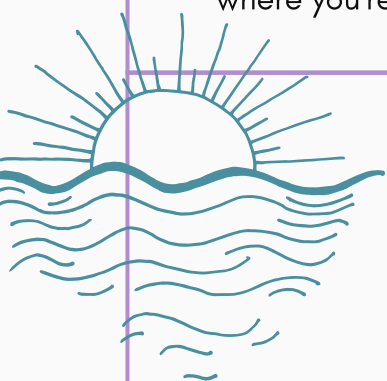


## Doing it ALL

If you're always checking off your to-do list and racing from thing to thing you may need to practice slowing down and mindful moments for rest, which help to lower cortisol levels and reduces inflammation

## Constant cardio or high intensity workouts

More is not always better. Try limiting your cardio/HIIT workouts to 2-3x/week and include more restorative exercise, long walks, and slower paced weight training. \*You may also want to sync your type of training with where you're at in your cycle.



## Not listening to your GUT

You may think you're eating all the healthy food but if your gut is off (bloating, gassy, weird bowel movement schedule) then you may be eating in a way that is harmful to your gut which overtime can lead to inflammation and poor metabolism. Focusing on gut health is key!

