

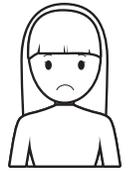
THE QUICK START GUIDE:  
TO REVERSE YOUR BROKEN  
*Metabolism*

*by Dr. Marie-Ève Gagné*



# IT COMES DOWN TO CONSISTENCY...

The secret trick is consistency.  
Yes, that's right! I am such a Debbie Downer...  
But someone has to break the news!



- Whatever is your goal:
- losing weight
  - getting better sleep
  - increasing your energy
  - stabilizing your mood
  - improving your memory and focus
  - ridding yourself of sweet cravings
  - etc.

you will only see results if you stay consistent with your daily habits.

Yep!

Unfortunately you cannot expect to see results if you are not consistent with your nutrition and lifestyle habits.

A routine might not sound that exciting, but our bodies thrive on it when it comes to basic physiological processes. The same processes need to happen every day to ensure that our bodies function optimally. And these processes happen thanks to the 50+ different hormones in the human body.

*Hormones are the chemical messengers in your body.  
They tell cells which process needs to happen.*

For example, the hormone insulin tells your cells to take up glucose when blood sugar is elevated after eating a high-carb meal.

When you spend years asking your body to perform normal physiological functions, like regulating your metabolism, repairing your damaged cells, refreshing your memory, and millions of others happening daily, with sub-optimal conditions like lack of sleep, poor diet, stress overload, and physical inactivity, then your hormonal responses get out of balance. And you feel that your metabolism is “broken”.

*Indeed, your body is no longer running efficiently!?*

The body is resilient, and it needs to be reading the same messages over and over to respond. If you have been neglecting your sleep, skipping meals, hitting the gym sporadically, and letting stress be unmanaged, you are sending your body mixed signals, and guess what? It does not know what to do!? Long-term unhealthy lifestyle and nutrition habits eventually lead to insomnia and sleep disruptions, weight gain, moodiness and irritability, cognitive decline, and metabolic dysregulations.

*In this short document, you will find the most important health habits that will quick start your recovery to a optimal metabolism.*

# Get some 'zzz

*I know, I know! You would like to be able to sleep more.*

But, you just don't seem to find the time. If only we can extend the day to 36 hours, then you would get your recommended 8+ hours of sleep every night, right!? It may seem like sleeping is not the best use of your time since you have so many tasks to accomplish every day...

Or maybe you are actually making the effort to be in bed early, but it takes you an abnormal amount of time to fall asleep or you just keep waking up at 2-3am systematically and are unable to fall back asleep? And you get up in the morning still feeling tired and longing to go back to bed...

Know that chronic sleep deprivation is itself a cause of weight gain and hormonal dysregulation.

One night of poor sleep contributes to:

- increased cortisol, your stress hormone, which leads to increased belly fat production
- decreased insulin sensitivity, which means more of the carbs eaten will be stored as fat than normal
- decreased testosterone, which lowers your energy levels and therefore increases your chance of skipping your workout, lowering your energy expenditure and contributing to further weight gain.

And here is the catch22: long-term sleep deprivation causes hormonal imbalances, and hormonal imbalances can be responsible for insomnia and sleep disruptions!

An optimal sleep cycle is necessary for hormone production, mood regulation, cognitive function, cellular energy, immune defense, and metabolism, among other physiological functions.



## *START NOW to prioritize your sleep*

### *IF YOU STRUGGLE WITH ALLOCATING SUFFICIENT TIME TO SLEEP:*

- ✓ Plan to be in bed half an hour earlier than normal for a few days, then increase your sleep time by another half-hour increment until you reach 8 hours of sleep on average. You will need to plan your evening accordingly! You may require to setup an alarm on your phone to remind your that your bedtime is approaching.
- ✓ If your schedule is flexible, stay in bed half an hour longer; if you normally get up to go to the gym in the morning, STOP! Sleep instead! That will be of greater benefit! Hit the gym after work, which will help you to be tired at the right time!

### *IF YOU STRUGGLE WITH FALLING AND/OR STAYING SLEEP:*

- ✓ Avoid using your phone, computer or any other device that emits blue light, which confuse your brain into thinking that it is daylight, one hour before bedtime. Instead, read a book, discuss with your spouse, take a relaxing bath, do a gentle yoga routine, etc.
- ✓ Eat a bedtime snack made of small amount of fats and carbohydrates (banana with almond butter, apple and cheese, full-fat yogurt and berries, sweet potato and butter, tea with honey and coconut milk)

# TIME TO EAT!

*But... You barely eat and you seem to put on more weight!?*

You are not hungry for breakfast when you get up in the morning, and anyways that delicious cup of coffee will fuel you throughout the morning. Then ouch! it is mid-afternoon and you realized that you did not stop for lunch since you are too busy to stop and take a break. You are a bit peckish in the afternoon, and may nibble on some snacks (and more coffee!!) to keep you going until dinner. Dinner you eat well: a piece of protein, tons of veggies and some potatoes or rice (not too much!). Then you find yourself craving all sort of snack foods like chips, popcorn, chocolate, wine, etc. But I mean, you did not eat that much today...

Skipping meals or irregular meal patterns disrupt your hunger hormone, ghrelin, and your satiety hormone, cholecystikinin (CKK). Your cells' sensitivity to insulin, your blood sugar management hormone, decreases when meals are skipped too often.

Ghrelin and CKK are necessary to tell your body when and how much to eat. Skipping meals have ghrelin suppressed overtime, and that explains why you are not hungry in the morning, and often can go until dinner without really feeling hunger. But it does not mean that your body does not need the nutrients to keep your normal physiological functions, like hormone production, mood regulation, cognitive function, cellular energy, and metabolism, attended to normally. So CKK also gets suppressed to ensure that you get enough nutrients once you actually sit down to eat. So you end up eating more than you would normally, and you are subject to many food cravings at nighttime. And because your insulin sensitivity is reduced, your body therefore ends up mismanaging the carbs eaten at nighttime when you give in to your cravings and you end up storing the circulating blood sugar not dealt with by insulin as fat.



## *START NOW to eat your meals at regular intervals!*

- ✓ Plan to eat three complete meals made of high quality protein, healthy fats, and low-glycemic carbohydrates (vegetables or fruits) each day at regular intervals
- ✓ A small portion of unprocessed starchy carbohydrates (starchy vegetables, grains or cereals) is allowed at dinner time
- ✓ You must have breakfast within one hour of waking up

### *IF YOU STRUGGLE WITH ALLOCATING SUFFICIENT TIME TO SLEEP:*

- ✓ Make breakfast the night before (Google egg muffins or overnight jars) and plan a 15 minutes window to eat before leaving to work
- ✓ Schedule a 15-minute lunch in your calendar like you would for any other meeting; the world will not end!?

### *IF YOU ARE NOT HUNGRY IN THE MORNING*

- ✓ Avoid coffee before breakfast since it is an appetite suppressant
- ✓ Start with a scoop of protein powder and water, then when you feel hunger in the morning, switch to making a smoothie, and eventually move on to a more nutrient dense breakfast

# Wanna go for a walk?

*I get it! You already hit the gym several times a week, so you are active!*

Well, think again! A lot of people with sedentary jobs believe that hitting the gym for one hour a few times a week is sufficient physical activity. This pattern is now referred to as “active-couch-potato” in the health community. It is great that you are getting some exercise into your routine, but you need to be more physically active to actually raise your resting metabolic rate, which is how much energy you burn by simply breathing normally, controlling your body temperature, pumping blood throughout your body, managing your blood glucose level optimally, thinking effectively, etc., and hence burn more energy. One hour of exercise a few times a week does actually not contribute much to your overall energy expenditure.

Consider that sitting wrecks your metabolic functions by reducing insulin sensitivity (yes! once again!), slowing down fat metabolism so that your inability to use fat as energy is impaired, and decreasing bone density and muscle mass, which further decreases your resting metabolic rate, among others consequences.

The best way to increase your total energy expenditure is to be moving more by incorporating more low-intensity activity in your day, like walking more steps, taking the stairs instead of the elevator, doing some light stretches in the morning or at night. Getting in consistent non-exercise physical activity (NEPA), which is any physical activity that is not structured, meaning it does not required a warm-up, cool-down and specific equipment or settings, every day contributes more to raising your resting metabolic rate. Instead of adding more structured exercise into your already busy schedule, consider finding ways to be more active throughout the day to increase your total energy expenditure. Moreover, increased physical activity helps to promote better sleep, improve cognitive function, and reduces stress and anxiety!



## *START NOW to move more throughout the day*

- ✓ Walk at least 30 minutes per day in one session (upon rising or after dinner?) or two sessions of 15 minutes (at lunchtime and after dinner?) or 3 sessions of 10 minutes (upon rising, at lunchtime, and after dinner?). If you have a fitness tracker, cumulate 10,000 steps each day (and bonus, track your sleep!)
- ✓ Take breaks every hour at work and walk up and down the stairs or walk around the block
- ✓ Do a light stretching session in the morning or in the evening
- ✓ Make breakfast the night before (Google egg muffins or overnight jars) and plan a 15 minutes window to eat before leaving to work
- ✓ Invest in a standing desk. Consider this investment as a longevity insurance!

### *IF TIME CONSTRAINT IS YOUR PROBLEM*

- ✓ Consider biking to work or to the gym
- ✓ Schedule walking meetings at work or with friends instead of sitting at a coffee shop

# Just chill!

*Did I just hear you whispering "well, I certainly don't have time for that!"?*

Then you are most likely needing it the most!

We all get caught up into doing doing doing, and seldom we take the time to just be. How many times have you been saying "I'm too busy" or "I am soooo busy!" lately? Being busy is not a badge of honour! Accomplishing tasks all the time and not allowing our body and mind a rest which puts our body into a constant state of fight-or-flight response, and guess what?

This increases cortisol production, your stress hormone, which stalls the production of essential hormones like testosterone, responsible for stamina and energy, progesterone, which ensure adequate sleep and recovery, and increases fat storage especially in the abdomen region.

Know that even if you have the most pristine diet, you exercise daily, and you get sufficient sleep, if you do not manage your stress you will still be at risk for modern diseases like heart diseases, diabetes, and autoimmunity because stress can lead to suboptimal insulin function, increased blood pressure, suppressed immune defense, and increased fat storage among other metabolic changes.

Although the stress management lifestyle hack comes last in this Quick Start Guide, it should not be taken lightly! You must incorporate some form of stress management if you want to see the full efforts invested in improving your sleep, dialing in your diet, and increasing your energy expenditure.

And please don't neglect this habit and push it aside and tell yourself that you will get to it at another time. You need to address to address your stress levels NOW!



## *START NOW to to manage your stress daily*

- ✓ Start a mindfulness practice in the morning or in the evening; search on YouTube for some guided meditation sessions
- ✓ Do a body scan before bedtime; search on You Tube for some guided ones
- ✓ Incorporate breathing exercises throughout the day
- ✓ Take a relaxing bath in a candle-lit bathroom
- ✓ Do a light stretching session in the morning or in the evening
- ✓ Read a book that is not related to what you do for work

### *IF TIME CONSTRAINT IS YOUR PROBLEM*

- ✓ Put an alarm or reminder alert on your phone and respect it!
- ✓ Schedule it in your calendar like any other priority

# IT COMES DOWN TO CONSISTENCY...

There you have it: four very important lifestyle habits that will help you achieve optimal wellness by slowing restoring a proper hormonal balance, eventually leading to rejuvenating sleep, thriving metabolism, stable energy levels, elevated mood, and weight loss.

Remember that the magic trick is consistency. You cannot expect to undo years of negligence overnight. You need to start incorporating these habits into a daily routine and be consistent with their application. You should experience better sleep, a more positive mood, less cravings, and some weight loss within a few weeks.

*Overtime, you will reverse hormonal imbalances, jumpstart your metabolism, improve health markers, and increase longevity.*

Use the table on the next page to record your adherence to these healthy habits and monitor your consistency. Put it on the fridge, in your agenda, or anywhere that you know you will see every day. Use this table as a marker of progress!



# COMPLIANCE CHART

Use the chart below to record your consistency in incorporating the health promoting habits discussed in this document. Be honest with yourself! The only way that you will see progress is to make the necessary changes, and it starts that right here:

Did you sleep 30 minutes more than your average last night?

Did you eat 3 complete meals today?

Did you get moving regularly throughout the day?

Did you do a relaxation-promoting activity at any point?

	Sleep	Eat	Move	Relax
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

*Remember, we are looking for consistency, not perfection!*

# Congratulations

Join a community of ambitious individuals on the same journey as you!

In my free Facebook community, we motivate one another, keep ourselves accountable, and help each other break through challenges so that we stay committed to a healthy nutrition and lifestyle!

[JOIN NOW](#)

